The pride of North Carolina's electric cooperatives

Volume 44, No. 1, January 2012

Carolina country

Bright Ideas

INSIDE:

Inspirational teachers

Legislative leaders

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PERIODICAL

Our pledge to the General Assembly—page 4

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2 carats of Genuine Tanzanite

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African Gem Cutter Makes $2,689,000 Mistake...Will You?

This story breaks my heart every time. Allegedly, just two years after the discovery of tanzanite in 1967, a Maasai tribesman knocked on the door of a gem cutter's office in Nairobi. The Maasai had brought along an enormous chunk of tanzanite and he was looking to sell. His asking price? Fifty dollars. But the gem cutter was suspicious and assumed that a stone so large could only be glass. The cutter told the tribesman, no thanks, and sent him on his way. Huge mistake. It turns out that the gem was genuine and would have easily dwarfed the world's largest cut tanzanite at the time. Based on common pricing, that "chunk" could have been worth close to $3,000,000!

The tanzanite gem cutter missed his chance to hit the jeweler's jackpot...and make history. Would you have made the same mistake then? Will you make it today?

In the decades since its discovery, tanzanite has become one of the world's most coveted gemstones. Found in only one remote place on Earth (in Tanzania's Merelani Hills, in the shadow of Mount Kilimanjaro), the precious purple stone is 1,000 times rarer than diamonds. Luxury retailers have been quick to sound the alarm, warning that supplies of tanzanite will not last forever. And in this case, they're right. Once the last purple gem is pulled from the Earth, that's it. No more tanzanite. Most believe that we only have a few years supply left, which is why it's so amazing for us to offer this incredible price break. Some retailers along Fifth Avenue are more than happy to charge you outrageous prices for this rarity. Not Stauer. Staying true to our contrarian nature, we've decided to *lower the price of one of the world's rarest and most popular gemstones.*

Our 2-Carat ***Sunburst Tanzanite Ring*** features marquise-cut gems set dramatically in gorgeous sterling silver. Each facet sparkles with the distinct violet-blue hue of the precious stones. Behind the shine you'll find that the exquisite silverwork of the setting calls to mind the detailed treasures being produced by Europe's finest jewelers. This is a ring designed to impress and it does not disappoint.

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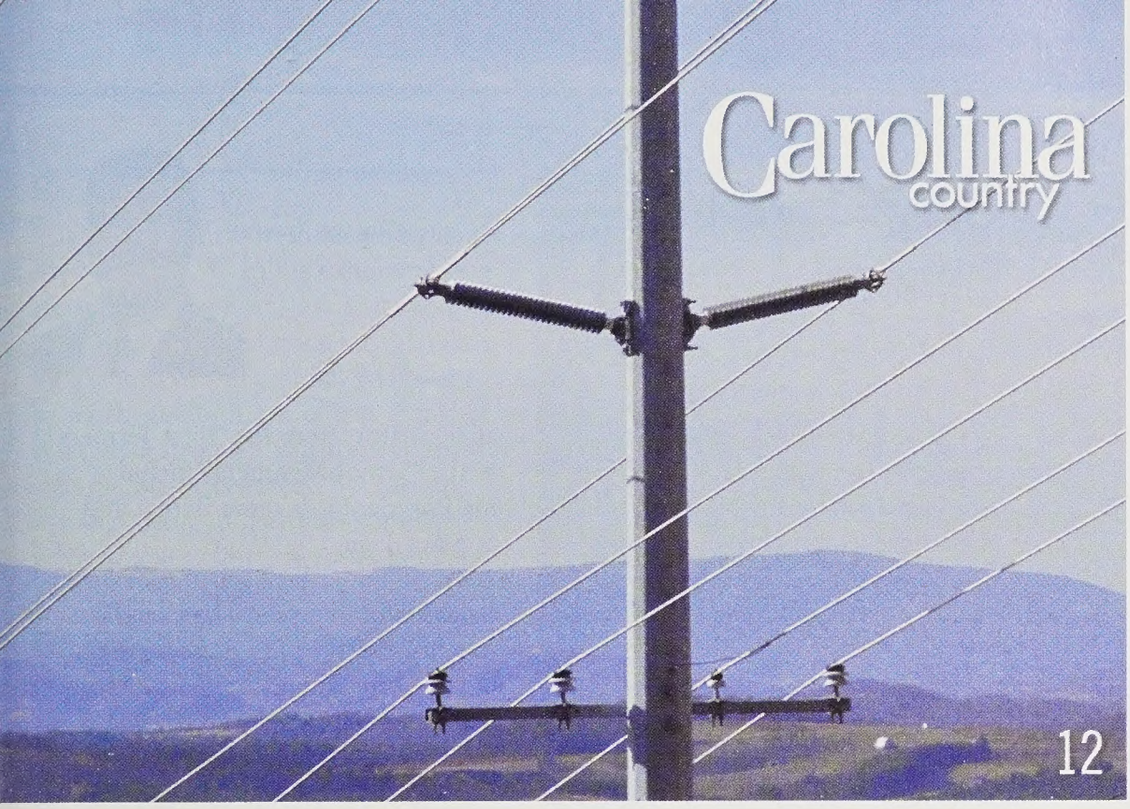

January 2012
Volume 44, No. 1

FEATURES

10 *The Leadership*
A Q&A with Sen. Phil Berger and Rep. Thom Tillis a year after their election to lead the N.C. General Assembly.

12 *Silent Sentinels*
A guide to your electric cooperative's power poles.

14 *Inspirational Teachers*
North Carolina teachers who won Bright Ideas educational grants hear from two of the brightest women out there.

22 *Canning Beans With Mommy*
And other things you remember.

ON THE COVER
Ann Yochem, a member of Union Power Cooperative, took this picture of her farm west of Waxhaw. "This place gives me peace of mind."

FAVORITES

4 **First Person**
Our pledge to the General Assembly.

6 **More Power to You**
What to consider when replacing your HVAC system.

24 **Carolina Country Store**
ACC basketball, 1953-1972.

26 **Marketplace**
A showcase of goods and services.

27 **Joyner's Corner**
The 10 wisest people.

29 **Where Is This?**
Somewhere in Carolina country.

30 **Carolina Compass**
January events.

32 **On the House**
Will closing vents save energy?

33 **Classified Ads**

34 **Carolina Kitchen**
Carolina Caviar, Santa Fe Chicken Fajita Soup, Seriously Simple Beef Stew, Snowball Cake.

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Your co-op's board of directors authorizes a subscription to Carolina Country on behalf of the membership at a cost of less than $4 per year.

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Our pledge to the General Assembly

By Jay Rouse

In this issue of Carolina Country, we give well deserved attention to the new leadership of the North Carolina General Assembly and let you hear from them in their own words on energy-related and other issues. (See pages 10–11.)

Speaker of the House of Representatives Thom Tillis (R-Mecklenburg) and Senate President Pro Tempore Phil Berger (R-Rockingham) have just completed their first full year of service as the highest ranking members of their respective chambers of the state legislature. Not since the post-Civil War Reconstruction era has the Republican Party controlled both chambers of the North Carolina General Assembly.

Both were elected by their colleagues to serve in their top positions that require them to set the legislative agenda, manage the flow of legislation, control floor debate, guide votes on tough issues and lead their respective chambers. Some days it will look easy. Other days it has been compared to "watchin' sausage being made," i.e. not very pretty.

> Our issues have always transcended political affiliation. Partisanship plays no role in affordable, reliable electric power.

While no major energy issues arose in 2011, electric cooperative representatives are working with both leaders to build a strong working relationship built on the honesty and integrity local cooperatives are known for. Our focus on providing affordable reliable power to our consumers was well known before the change in leadership at the General Assembly.

North Carolina's cooperatives continue to commit to all legislators that we are a credible source of information for them on rural and energy-related matters. We pledge to be a resource for all legislators from the "First Termers" to the "Senior Members," including President Pro Temp Berger and Speaker Tillis.

Berger and Tillis have presided over a successful first year. The General Assembly tackled tough issues including the state budget and new district maps that were precleared by the U. S. Department of Justice in November. The legislature also passed major bills on medical malpractice liability, workers' compensation, regulatory reform, tort reform and changes to the state's annexation laws.

When an idea or piece of legislation arises with the potential to affect our consumer-members, we are confident President Pro Temp Berger and Speaker Tillis will be responsive. Previous leaders have been responsive to electric cooperative concerns, and we thank them. Our issues have always transcended political affiliation. Partisanship plays no role in affordable, reliable electric power. Our relationship with legislators has always been based on their willingness to address the issues of the 2.5 million North Carolina residents served by our 26 electric cooperatives.

We look forward to working with the new leadership team as they enter their second year at the helm of the state legislature. The biggest challenge during the next legislative session will be addressing the fiscal issues of the state.

To our consumer-members, we pledge to work diligently on legislative issues of importance to you at the General Assembly, and we will report back to you on our progress. Thank you.

Jay Rouse is director of government affairs for the North Carolina Association of Electric Cooperatives.

Equality and dignity

Thanks for your refreshing editorial in the November Carolina Country ["A more perfect union"]. I suspect you gave voice to what I hope are the many inhabitants of this country who want to see the focus of our efforts aimed at building a stronger country, a country that measures its success by assessing the well-being of its citizens, and its government's efforts to foster equality and dignity among its people.

Eric Hoag, Buxton, Cape Hatteras Electric

The Gravely

I need to amend Mr. McNeely's comments on Gravely tractors [First Person, November 2011]. Gravely was once a division of Studebaker. They started making their two-wheel tractors back in the late 1920 or early 1930s. I have a Custom Convertible mowing machine that was built in 1964. I cleared a two-acre plot of land with it. It is truly a two-wheeled, walk-behind bush hog. I bought it from John Roberts in Hillsborough. John finds the machines and rebuilds them to as-new condition. It's the kind of mowing machine that will outlast the owner.

Burt McKenzie, Chapel Hill , Piedmont EMC

Verdant-colored glasses

I recently attended a panel at UNC on off-shore windmills. The six-member panel espoused the benefits of windmills without exposing their major pitfall: expensive windmills produce pitiably little electricity. These bird-attracting "gull-otines," or "gannett-tines," depending on which species gets blended that day, serve as manmade reefs upon which fish thrive and birds feed. Solar, hydroelectric, biofuels and other alternatives all have pros and cons, and like windmills they have low or inconsistent energy output. The energy grid has to be changed, and energy plants all have to be backed up by conventional energy sources such as fossil fuels and nuclear power. Let's take off the verdant-colored glasses and support a rational energy policy.

Greg Randall, Hillsborough, Piedmont Electric

This is the old Cliff Braddy home place located on Wrights Creek in the Pamlico Beach section of Belhaven.
Mark Braddy, Belhaven, Tideland EMC

Jacob's Log

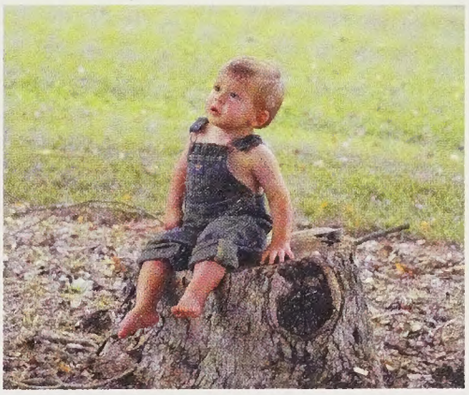
Over the past few months, the article I most look forward to is "Jacob's Log." This young man has a true gift of capturing stories that come from his heart. It is heartwarming to read about his everyday experiences and what we all take for granted each day.

Darlene Donohue, Raleigh

Moonrise over the Pamlico

I took these moonrise shots with my cell phone at Core Point, looking northeast over the Pamlico River toward the Bath/Bayview area in mid-November 2011.

Warren Tripp, Beaufort County, Tideland EMC



Caleb's perch

My grandson Caleb was 14 months old and watching the birds fly overhead while I was trying to take his picture. The stump he is sitting on is from an old tree that we named "Aunt Ruby's tree." She loved that old maple tree, and when the wind blew it down, Caleb's PaPaw cut up a large piece of it to put in a mulched area in our yard.

Karen Parks, Lexington, EnergyUnited

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Try This!

Weigh options when replacing your heating and cooling system

By James Dulley

Sometimes in replacing heating and cooling systems, it can make economic, environmental and lifestyle sense to switch to an entirely different type of heating source for your home. The costs of fuels, such as natural gas, propane, heating oil and electricity, have shifted dramatically over the past decade. Many new heating systems last 20 years or more, so with wide variations in fuel costs, long-term estimated operating costs and paybacks are not always reliable.

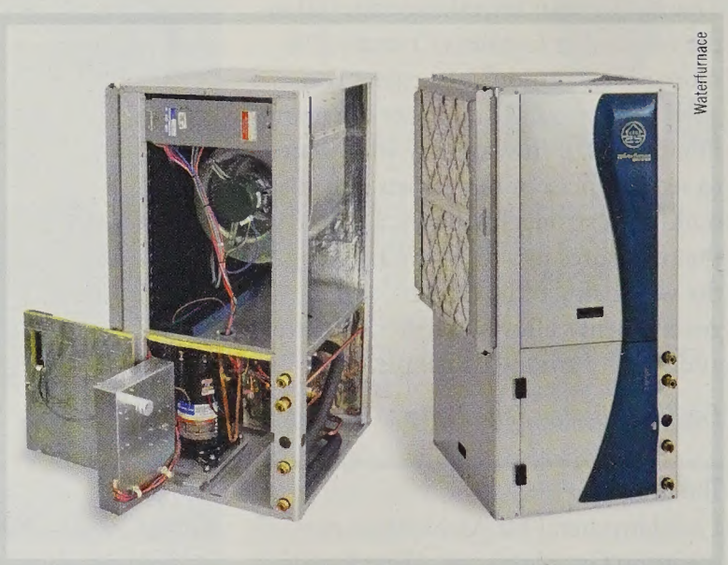
Electricity prices are the most stable and will probably continue that way. For homes heated with electricity, air-source or geothermal heat pumps make good sense because they can heat, as well as cool, your house efficiently.

A standard air-source heat pump is basically a central air conditioner with a few extra parts. The outdoor unit looks exactly the same as a central air conditioner. It is called a heat pump because it literally pumps heat out of your house (cooling mode) or into your house (heating mode) to or from the outdoor air around the outdoor compressor/condenser unit.

Among central heating and cooling systems, geothermal heat pumps provide the highest efficiency and lowest year-round utility bills. While geothermal heat pumps have much higher initial installation costs (due to the need to place loops, or tubing, to run through the ground or to a well or pond), the federal stimulus bill provides consumers (through the end of 2016) a 30 percent tax credit on the cost of putting in a geothermal heat pump system, making them much more affordable. There is also a 35 percent North Carolina personal tax credit available through 2015 for geothermal systems.

The primary advantage of installing a heat pump of any kind is they can be used year-round for both heating and cooling. This means year-round savings and a shorter payback period. In contrast, a super-efficient furnace gets used only during winter and a central air conditioner only during summer.

I use a portable heat pump in my own home/office for year-round savings. It cools the room during summer and also functions as an efficient portable heater during winter. It produces 14,000 Btu per hour (Btuh) of cooling and 11,000 Btuh of heating. This is much more heat output than a standard electric space heater using the same amount of electricity during winter.



Waterfurnace

A super-efficient geothermal heat pump shown with and without the front cover. Notice the large air cleaner and water fittings for also heating hot water.

The efficiency of a portable air conditioner is similar to a window air conditioner. Although this is less efficient than the newest central air conditioners, using one can still save money. By keeping just one or two rooms comfortably cool with clean air, you can set your central thermostat higher and save electricity overall. They are typically mounted on casters so they can be easily rolled. Use it in the dining room for dinner, roll it into the living room for television, and then to the bedroom for sleeping. Most operate on standard 120-volt electricity, so they can be plugged into any wall outlet near a window.

A portable air conditioner/heat pump operates similarly to a typical window unit. The internal rotary compressor, evaporator and condenser function in the same way. The primary difference is it is not on casters and rests on the floor.

Every type of system requires some maintenance that can increase the overall costs. A heat pump requires about the same amount of service as an air conditioner.

Send inquiries to James Dulley, Carolina Country, 6906 Royalgreen Dr., Cincinnati, OH 45244 or visit www.dulley.com.

Can you help others save energy?
Send your conservation ideas or questions to us: P.O. Box 27306, Raleigh, NC 27611, or E-mail: editor@carolinacountry.com

Advice on space heaters

Space heaters are small, versatile, and generally good at warming a room. Claims that an electric space heater can significantly cut a home's heating bill are suspicious. The Cooperative Research Network advises that space heaters work best as a supplement to a furnace or heat pump, not as a primary heating source.

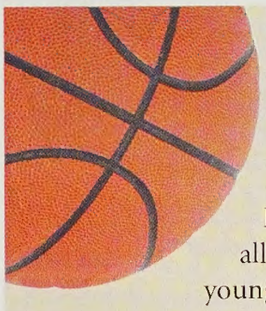
Radiant heaters heat objects and people—not the air—in a room. They can be a good choice if you are in a room for a short period of time and want instant heat. They can pose a burn or fire risk and should not be placed near furniture, drapery, pets or small children.

Convection heaters heat the air—not people or objects—in a room. These are typically either baseboard heaters or oil- or water-filled heaters. The oil- or water-filled heaters are the most efficient and typically look like a small radiator.

Combination heaters often have an internal fan that aids in distributing heat throughout the room. These heaters are versatile and more common as a result, although they do not typically perform as well as a radiant or convection heater.

Most space heaters use between 600 and 1,500 watts of electricity. If a homeowner were to use a space heater 8 hours a day, 5 days a week for a month it would cost approximately $15.26. But they can only heat a small space. They cannot replace energy-efficient central heating or weatherization improvements to the home. For example, all electric space heaters produce 1 unit of heat for every 1 unit of electricity consumed, meaning they are 100 percent energy efficient. Those that use natural gas are 80 percent efficient. In comparison, geothermal heat pumps can produce more than 3 units of heat for every unit of electricity consumed, making them 300 percent efficient.

The Cooperative Research Network is an arm of the National Rural Electric Cooperative Association.



Students may apply for basketball camp scholarships

North Carolina's Touchstone Energy cooperatives are providing all-expense paid scholarships for 52 young men and women from across the state to attend basketball camps this summer.

Twenty-six girls will be selected to attend the Kellie Harper Wolfpack Basketball Academy at N.C. State in Raleigh, and 26 young men will attend the Roy Williams Carolina Basketball Camp at UNC in Chapel Hill. Each camper will work directly with championship-winning collegiate coaches to develop fundamental skills that will help the young athletes excel both on and off the court. The camps will be held in June and July on the college campuses.

Rising sixth through eighth graders are eligible to apply, and the cooperatives will accept applications Jan. 2 through March 30. Students can download an application at www.ncelectriccooperatives.com once the application period opens. Applicants will be judged on their academics, extracurricular activities and their accompanying essay.

Learn how to run for public office

North Carolina's electric cooperatives and the North Carolina Credit Union League will co-host three Campaign Academies for individuals interested in running for public office this fall.

The Campaign Academy was created by electric cooperatives to help prospective candidates for city, county, state or federal offices positions make the best decisions regarding their potential candidacy and their campaigns.

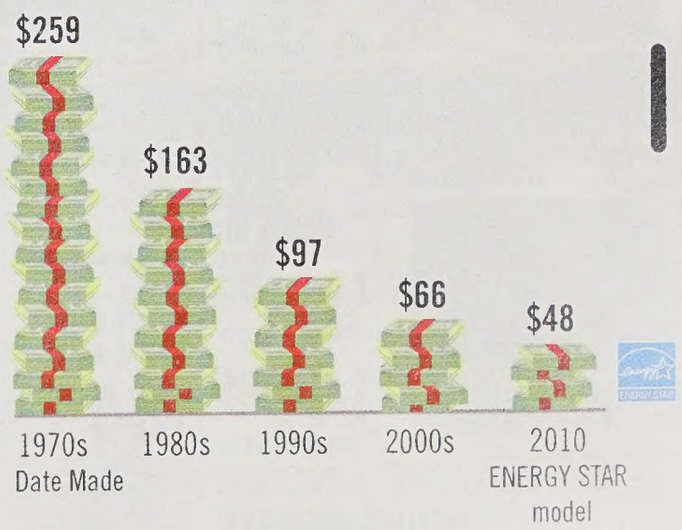
The school is open to candidates of any political party and will feature seasoned campaign veterans and professionals. Potential candidates will learn the basic set-up of a campaign and the financial and time commitments required. The school will focus on the following core areas: fundraising, campaign strategy, message development and communication skills. Attendees will also learn about campaign rules and regulations from State Board of Elections representatives.

Sessions will be held in Hickory on Jan. 31, in Fayetteville on Feb. 1 and in Rocky Mount on Feb 2. Registration is $30.

For more information, contact the North Carolina Association of Electric Cooperatives at (919) 875-3107.

The Cost of Cool Food

If your fridge dates from the 1980s, you could save more than **$100** each year by replacing it with an ENERGY STAR qualified model. Compare the average annual electricity costs for refrigerators manufactured in the following years:



Source: U.S. Department of Energy

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ITEM 65020/69052/69111

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8 Functions: Sanding, Cut Flooring, Cut Metal, Scrape Concrete, Remove Grout, Cut Plastic, Scrape Flooring, Plunge Cut

Item 68303 shown

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SUPER COUPON!

CENTRALPNEUMATIC

3 GALLON, 100 PSI OILLESS PANCAKE AIR COMPRESSOR

LOT NO. 95275

SAVE 46%

$39.99 REG. PRICE $74.99

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Speaker Thom Tillis presides in the House chamber.

Rep. Thom Tillis
House Speaker

Rep. Thom Tillis was born in Jacksonville, Fla., and grew up in Nashville, Tenn. In 1998, he and his wife, Susan, moved to Cornelius, N.C. They have been married 23 years and have two children, Lindsay and Ryan. Rep. Tillis served as a management consultant at PricewaterhouseCoopers and IBM until 2009.

In 2006 he was elected to represent the 98th District (Cornelius, Davidson, Huntersville) in the N.C. House of Representatives and was re-elected in 2008 and 2010. Rep. Tillis chaired the 2010 House Republican Caucus Campaign Committee, helping Republicans win a majority in the House for the first time in over a decade. Elected Speaker of the House in January 2011, he became the second Republican Speaker in state history.

"While I am not a co-op member,' he said, "I do believe co-ops are an integral part of rural communities. Their efforts improve infrastructure and quality of life for their communities."

THE GENERAL ASSEMBLY'S LEADERSHIP:

One Year After Their Historic Election

After Republicans in the 2010 general election gained a majority in both the 120-seat House of Representatives and the 50-seat Senate, the North Carolina General Assembly in January 2011 elected new leadership. Sen. Phil Berger and Rep. Thom Tillis have guided their respective chambers for the past year. In November, the North Carolina Association of Electric Cooperatives asked the two legislators to address issues concerning the state's rural economies, its energy future, and its greatest challenges over the next 20 years. Their responses follow.

Electric cooperatives serve North Carolina's rural areas where our consumer members began seeing economic hardship long before the state's metropolitan regions were affected. What is the General Assembly doing to repair our state's rural economies?

SEN. BERGER

We're passing policies that will help our state's job creators put people back to work. With tremendous bipartisan support, we passed sweeping changes to the state's regulatory environment that will simplify outdated rules and regulations and provide certainty and clarity for North Carolina's job creators. It's a bill the business community resoundingly says will help companies put people back to work.

We passed a budget that ends nearly $1 billion in "temporary," job-killing sales and income tax hikes. In addition, the budget also enacted a $50,000 income exemption for job-creating businesses.

Our tax reforms will return more than $1 billion to the private economy, where the hard work and creativity of our state's citizens and businesses will turn that money into lasting new jobs.

We implemented major reforms and improvements to public classrooms. Our reforms will help more students graduate and create a more educated workforce.

Finally, we're working to strengthen our agriculture sector, which is the state's number one economy. Agriculture Commissioner Steve Troxler said that our past session was one of the most agriculture-friendly sessions in recent memory.

REP. TILLIS

The General Assembly took significant strides to help our rural economies across the state by decreasing the sales tax in North Carolina, creating a new tax exemption for small businesses and taking the first steps to ease some of the restrictions on agriculture through regulatory reform legislation. The legislature also passed comprehensive annexation reform to give our state's rural residents the choice to become part of a municipality or not, and to protect their way of life.

The key to affordable, reliable power is stability. North Carolina energy providers need to build new power plants to replace aging facilities as well as new generation to accommodate our state's growing population. What is the legislature's role in ensuring North Carolina has the ability to meet its future energy needs?

SEN. BERGER

We want to make sure government doesn't hinder energy production or cause costs to skyrocket. And we want to take advantage of plentiful, undeveloped resources right here in North Carolina.

For example, we passed major regulatory reforms which remove unnecessary burdens from our energy sector. North Carolina can no longer impose regulations that are stronger than federal regulations.

Escalating energy costs are hurting North Carolina's working families and small

businesses, which already are struggling to make ends meet in this difficult economy. To help deal with this challenge, we passed The Energy Jobs Act which could have paved the way for a robust local energy sector, to create thousands of new jobs and generate half a billion dollars in annual state revenue.

North Carolina is sitting on huge reserves of natural gas, both on and offshore. The state has 64 million federal offshore acres, the most on the east coast and the fourth largest acreage in the country. These reserves have the potential to create thousands of well-paying jobs, generate billions of dollars and provide a far more affordable source of renewable energy to North Carolina families and businesses.

The Energy Jobs Act directed the governor to begin negotiating a tri-state pact with the governors of Virginia and South Carolina to encourage President Obama to allow offshore energy exploration. It also directed her to work with North Carolina's Congressional delegation to advocate for state revenue-sharing for resources off the coast, and directed how that money would be spent. Nearly half of the funds would have gone to jobs training, energy research and conservation. Unfortunately, Gov.Perdue vetoed the bill and rejected a golden opportunity to develop affordable and clean energy alternatives that would create thousands of new good-paying jobs. We have overridden her veto in the Senate and hope the House will follow suit.

REP. TILLIS

We will see the energy policy fundamentally shift over the next few decades in North Carolina. In order to give our state the ability to meet future energy needs, the legislature passed the Energy Jobs Act and the Regulatory Reform Act, which protects the environment while promoting job creation in North Carolina. Both these pieces of legislation show the legislature's commitment to making economically sustainable energy available for years to come. Currently the House Select Committee on Energy Independence is studying how the development of new energy sources, as well as the expansion of existing resources, can continue to create new jobs in North Carolina.

What is the greatest challenge facing North Carolina over the next 20 years?

SEN. BERGER

One of our greatest challenges will be maintaining and expanding our state's infrastructure. Population increases along with the increasing age of our existing assets will make maintaining our roads, bridges, public places and utilities a particular challenge. We also want to make sure private industry has the freedom to lead North Carolina through the 21st Century by creating high-paying jobs that will help us compete in the global economy.

REP. TILLIS

Over the next 20 years, North Carolina's greatest challenge will be making sure our state is the best place to do business in the nation, creating jobs and economic prosperity for the state's citizens. In order to accomplish this goal, we need to ensure our tax rates are competitive with other states and allow businesses and individuals to operate with minimal interference by government.

As leader of your chamber, what is the one thing you would like electric cooperative consumers to know about you?

SEN. BERGER

I am honored and humbled to represent you in the North Carolina Senate. I welcome your thoughts and feedback on how we can better serve you. I can be reached at phil.berger@ncleg.net.

REP. TILLIS

As the leader of the House of Representatives, electric cooperative consumers should know that I am committed to fiscal sustainability and limiting government to its proper role, allowing North Carolinians to do what they do best—prosper through industriousness. I am dedicated to making North Carolina as competitive as any state in the nation.

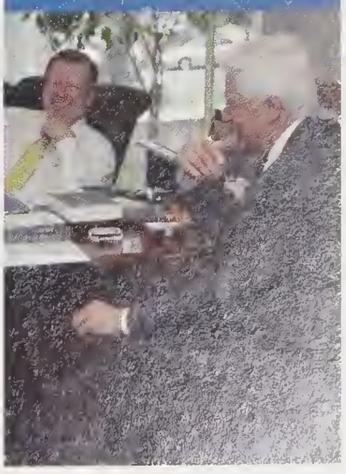
Sen. Phil Berger
Senate President Pro Tem

Sen. Phil Berger was born in New Rochelle, N.Y., and grew up in Danville, Va., where he attended Averett College. He received his law degree at Wake Forest University and has lived in Eden, Rockingham County, for 25 years. He and his wife, Pat, have been married 40 years and have three children—Phil Jr., Kevin, and Ashley—and four grandchildren.

A partner at The Berger Law Firm, PC, along with his son, Kevin, Sen. Berger has also served as the Mayodan Town Attorney since 1988.

First elected to represent the 26th District (Guilford and Rockingham counties) in the N.C. Senate in 2000, Sen. Berger in 2004 was selected by his colleagues to serve as Minority Leader and served in that role through 2010. In January 2011, he was elected President Pro Tempore and became the first Republican Senate leader in more than a century.

Senate President Pro Tem Phil Berger meets in his office with Wayne Wilkins, CEO of the EnergyUnited cooperative based in Statesville.



SILENT SENTINELS

Electric Co-op Poles Remain the Key to Safe, Reliable, Affordable Power

By Megan McKoy-Noe, CCC

The path of power to your home is guarded by silent sentinels—utility poles that are under constant attack by Mother Nature and, sometimes, by people.

"More than 97,000 miles of line, supported by utility poles, keeps power flowing across North Carolina," says Tom Pritchard, chief utility engineering officer at the Jones-Onslow EMC cooperative in Jacksonville.

Nationwide, electric cooperatives own and maintain 2.5 million miles of line stretching across three-quarters of the U.S. landmass. Some lines are buried, but more than 2 million miles of lines are above ground. Since there are generally 18 wood poles for every mile of distribution line, electric co-ops rely on more than 37 million poles to safely and reliably deliver affordable power to your home.

POLE PATTERNS

Utility poles take several forms: concrete, steel, ductile iron, composite fiberglass, and—overwhelmingly—wood. Why do utilities prefer treated timber?

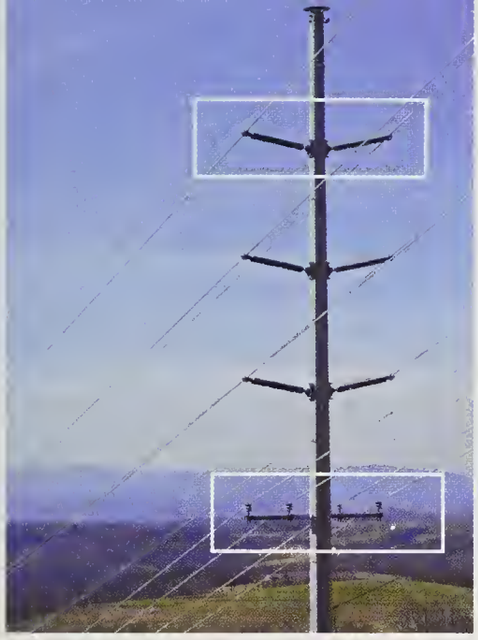
Tried-and-true wood poles are more affordable—steel and composite fiberglass poles often cost at least twice as much, although these alternatives

Shelby Energy Cooperative; United Utility Supply

Capacitors improve the power factor on the utility lines—they prevent power from being wasted and help boost the voltage on long rural distribution lines.

Shelby Energy Cooperative; United Utility Supply

Reclosers protect lines and consumers from short circuits, and they allow temporary faults to clear, which helps keep service energized to the member without needless interruptions.



A Blue Ridge Electric pole carrying high-voltage transmission lines (upper) and lower voltage distribution lines (lower).

Transformers lower voltage to a level that's safe for use in your home. Homes served by electric co-ops can often be identified by transformers sporting redundant mounting brackets on the outside of the canister.

Four County EMC linemen replacing a pole for distribution line.

claim a longer lifespan (most have not been in service long enough to verify the claims). Combined with a proven service life that can span several decades, treated wood poles provide the most affordable choice for most cooperatives.

"Generally, utilities turn to alternative poles when nothing else will work," says Pritchard. "If you've got a woodpecker problem, wood simply won't cut it. Utilities in storm-saturated parts of the country may turn to underground lines, but more often than not these utilities opt to 'harden' their lines by installing larger wood poles and shortening the span between poles to help the system weather storms more successfully."

"Co-ops expect poles are going to last at least 40 years in the field, barring unpreventable storm damage and other accidents," says Jim Carter, executive vice president for Wood Quality Control, Inc. (WQC), a subsidiary of the National Rural Electric Cooperative Association. WQC estimates cooperatives are responsible for between a quarter to a third of the nation's annual wood pole production.

Each year, electric co-ops spend roughly $300 million to purchase close to 1 million wood poles and 2 million crossarms—amounting to a whopping 20 percent to 33 percent of a co-op's annual materials budget. WQC, created in 1982, works closely with both manufacturers and co-ops to monitor pole construction conditions and make sure co-ops invest in high-quality poles that meet strict federal Rural Utilities Service (RUS) standards.

HAZARDOUS MISSION

Affordable wood poles stand the test of time—each pole's lifespan ranges from 30 to 50 years, and in the right conditions, a wood pole can last much longer. To lengthen a pole's life, wood is pressure-treated with preservatives. But no matter how strong a pole may be, both nature and people threaten a pole's ability to serve.

Wood poles battle a wide array of adversaries: acidic, heavy moisture, woodpeckers. North Carolina electric co-ops generally inspect poles on a 5- to 10-year cycle to identify potential problems.

Poles age differently depending on region. Poles in Louisiana, Florida, Hawaii and the coastal regions of Alabama, Mississippi, Georgia, North Carolina, South Carolina and Virginia sustain the highest risk. Utilities generally replace 2 to 3 percent of aging and decaying poles every year.

Natural decay, storm damage, and bird and bug attacks aren't the only concerns. People shorten a pole's lifespan, too.

The National American Wood Council estimates 5 percent of poles replaced annually were broken by car accidents. Attaching signs, basketball hoops, clothes lines, birdhouses, satellite dishes or other items to wood poles with staples or nails can also shorten a pole's lifespan. Not only do these items create safety hazards when lineworkers need to climb a pole, they also speed a pole's decay.

To learn more about how North Carolina's electric cooperatives are looking out for you by providing safe, reliable and affordable energy, visit www.ncelectriccooperatives.com.

Megan McKoy-Noe writes on consumer and cooperative affairs for the National Rural Electric Cooperative Association, the service arm of the nation's 900-plus consumer-owned, not-for-profit electric cooperatives. Will Linder contributed to this article.

BRIGHT IDEAS

Design. Build. Transform.

Magic, chaos, productivity and fun in Bertie County

By Michael E.C. Gery

Emily Pilloton, who teaches an amazing design-and-build shop course at Bertie High School, further inspired a roomful of already-inspired eastern North Carolina teachers in November during the annual Bright Ideas Awards Dinner, hosted in Greenville by The Electric Cooperatives of Eastern North Carolina.

A young architect, industrial designer and author of the book "Design Revolution," Emily and her partner Matthew Miller also inspired 13 Bertie County high school juniors during the past year. They are students who live in a region considered the poorest in the state, where one in three children lives in poverty and less than 30 percent of third to eighth graders pass the state's standardized tests in math and English. Her 13 students endured what amounted to a year-long boot camp where they earned high school and college credits as they learned to think, create, measure, fail, succeed, work together and build things that made sense for themselves and their community. As Emily Pilloton says, the ultimate idea is "to use creativity to make something happen, to execute it to completion, and to transform the community."

Attracted to Bertie County in 2009 by former school superintendent Chip Zullinger, Emily transformed her non-profit Project H Design into Bertie High School's Studio H. With help from school staff and others, her students over time designed and built three "Learning Landscapes" playgrounds at local schools, three school computer labs, a weight room for the football team, far-out Cornhole boards, farther-out backyard chicken coops, and a brand new, from-the-ground-up farmers market pavilion known as the Windsor Super Market.

All of these projects required students to attend her class three hours per day, five days a week, and to work Studio H-paid summer jobs related to the projects. All also required students to learn relevant computer skills, design techniques, collaborative work methods, tool safety, model sketching, welding and carpentry, among other skills. To learn architectural cross-section and elevation diagrams, they cut in half a bell pepper and studied it. They conceived, designed and built everything within a learning environment that integrated their other academic work. Students were first afraid to learn a skill, then embraced it. They argued with one another about what to do next, and failed and failed until they succeeded. Emily described the experience as "magical, chaotic, productive and really fun."

Emily Pilloton listed for the Bright Ideas grant winners four building blocks teachers can use to design courses that help students become "well-rounded." They are citizenship (a desire to work with and transform their community), creativity (no-holds-barred approaches to problem solving), capital (the means to acquire supplies and materials), and critical thinking (rethinking problems as long as it takes to get the solutions right).

All of the Studio H projects were designed to fit into Bertie County, even the Cornhole boards, which students auctioned to help pay for the chicken coops, which they gave to neighboring families. After a couple rounds of community meetings to determine needs and preferences, the class learned building code provisions and designed the Windsor Super Market. The 2,000-square-foot building is meant to resuscitate a lapsed farmers market. At the grand opening last October, one of the students, Kerron, said of his Studio H experience, "It changed the way I see the world, and made me expect more of myself. I don't know any other 17-year old who can say they designed something like this. In 10 or 20 years I want to bring my kids here and tell them I built this."

Teachers Emily Pilloton (second from left, front row) and her partner Matt Miller (second from left, back row) with their Studio H students at Bertie High School, showing off the Windsor Super Market building they designed and built in 2011.

The Studio H program continues in Bertie County in 2012. For more information and pictures of the projects, visit www.studio-h.org

Dream it. Believe it. Do it.

Teaching how to win on the court and in the classroom

By Lindsey Listrom

On the N.C. State basketball court, coach Kellie Harper insists that each player be responsible for bettering the team.

Kellie Harper, head coach of N.C. State University's women's basketball team, at the annual Bright Ideas education grant awards luncheon in Raleigh Nov. 10 shared her team's motto— Dream it. Believe it. Do it.—and the inspirational story of her bumpy road to success.

Harper spoke to 150 Bright Ideas grant winners from central and eastern North Carolina at NCSU's Dail Club overlooking Carter Finley Stadium. From the lectern among tables draped in vibrant red, blue, yellow and green, Harper drew on the lessons she's learned as a basketball player and coach. She encouraged teachers to help their students dream big, believe in themselves, work hard to achieve their goals and look for opportunity in setbacks.

Harper's strong southern drawl gives away her small-town Tennessee roots, where she developed a love of basketball and the courage to pursue lofty goals at a young age.

"I don't remember not playing basketball," she said. "My parents, when they brought me home from the hospital, put a basketball in my hand and took a picture. So I can literally say I've been playing basketball all my life."

In fourth grade she began practicing every day. "My dream was to be a college basketball player. I was a small-town star, but I wanted to do this at a higher level." The University of Tennessee awarded her a scholarship, and she earned a degree in mathematics while playing on three national championship squads under Hall-of-Fame coach Pat Summit. She was inducted into the Lady Vols Hall of Fame in 2009.

Now, as she begins her third season with the Wolfpack Women, Kellie Harper encourages her players to believe in their dreams and challenges them to exceed expectation on and off the court. Her players are known for giving 100 percent effort no matter the score, and her squads consistently rank in the Women's Basketball Coaches Association's "Academic Top 25."

She took over at N.C. State in 2009 for the legendary Hall-of-Fame coach Kay Yow, who had lost her battle with breast cancer. That year, the Wolfpack Women defied predictions of a mediocre season, finishing on a 4-1 run and making the NCAA tournament. "You're the only one who has to believe, but you have to believe," she said.

Just as she challenges her players on the court, Harper challenged teachers at the awards luncheon to find opportunity in setbacks. "Failures are inevitable and rocky roads are always ahead," she said, "but you don't have to let it slow you down. You just create new destinations, set new goals, and dream new ideas for yourself."

Harper did just that when she was cut from a basketball team for the first time in her life. She graduated from college on Friday, married her husband John on Saturday and reported to the WNBA's Cleveland Rockets on Sunday. She played a total of four minutes before being nixed from their roster. "That was hard, to realize that for the first time in my life, basketball wasn't good enough. It stung."

Harper traded in her jerseys and trainers for suit jackets and high heels, and she moved on to coaching. She spent five seasons at Western Carolina, leading the Lady Catamounts to three consecutive Southern Conference Tournament finals. In 2007, she was named the Southern Conference Coach of the Year.

On the court, Harper fosters a relationship where each player is responsible for bettering the team, and she encouraged Bright Ideas winners to integrate teamwork in the classroom. "If I help you get up the mountain," she said, paraphrasing a Tibetan proverb, "then I'm up the mountain, too."

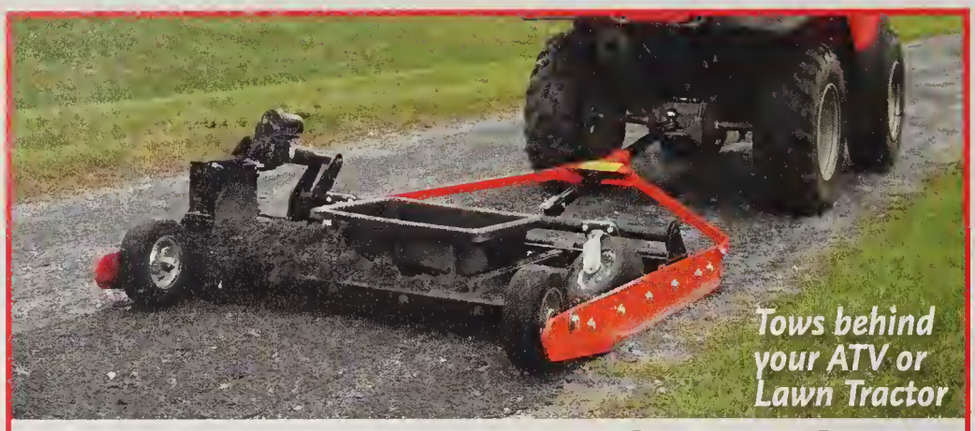
"I hope you know that you are changing lives," Harper told the educators. "You don't get to see that immediately, but on down the line, you never know what your students remember."

Lindsey Listrom is the community relations specialist with the North Carolina Association of Electric Cooperatives.

Benefitting 1.4 million students

The Bright Ideas education grant program, sponsored by North Carolina's electric cooperatives, strives to improve education in North Carolina classrooms by awarding grants to Tar Heel teachers in grades K–12 for innovative, classroom-based projects that would otherwise go unfunded. This year, the co-ops provided more than $620,000 in grants to educators across the state. Since the program's inception in 1994, Bright Ideas has awarded more than $7.9 million in grant money to North Carolina's teachers to sponsor more than 7,700 projects reaching more than 1.4 million students.

To learn more, visit the Bright Ideas website at www.ncbrightideas.com and Facebook at www.facebook.com/NCBrightIdeas.



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Wrinkles, Under-eye Dark Circles and Bags –Does Any Cream Work?

DEAR DORRIS: I am a vibrant woman of 55 years old. I feel 25 years old still, but I have lately developed these wrinkles and dark circles under my eyes along with puffy bags, that make me look older than I am.

I have tried many products that the Celebrities endorse, but they didn't work. Is there any product out there that can really get rid of these wrinkles, bags and dark circles?

Dark and Baggy, Raleigh, NC

DEAR DARKNESS : There is definitely a product that really works on your three big problems of wrinkles, dark circles, and bags. The product is the industry's best kept secret, and it's called the **Dermagist Eye Revolution Gel®** It is a light gel that you apply around the eye area, that has some serious scientific ingredients that do exactly what you're looking for. It has the ingredient, Haloxyl, which penetrates the skin and breaks up the blood particles that cause those dark circles. Another ingredient, Eyeliss works to release the fat pockets that develop under the eye that appear as bags.

The Dermagist Eye Revolution Gel® also works on wrinkles by using Stem Cells to regenerate healthy skin cells, and reduce wrinkles. As an overall treatment for the skin around the eye area, this product is a serious choice that the other creams only aspire to compete with. Since it's priced affordably, it will not be long until the whole world is talking about it.

The Dermagist Eye Revolution Gel® is available online at Dermagist.com or you can order or learn more by calling toll-free, **888-771-5355.** Oh, I almost forgot… I was given a promo code when I placed my order that gave me 10% off. The code was "**NCE3**". It's worth a try to see if it still works.

Indoor citrus plants thrive on moisture and light

Walk into some greenhouses in the winter and your nose will pick up a sweet scent. If you follow your nose, you're likely to come upon a plant with miniature orange or yellow fruit and delicate white flowers - a citrus tree. With edible fruit and fragrant flowers for months on end, an indoor potted citrus tree is a delight.

If you hope to harvest fruit, choose a naturally acidic citrus, not a sweet orange or grapefruit. Examples of acidic varieties include 'Improved Meyer' and 'Ponderosa' lemons, calamondins (used to flavor food and drinks), and kumquats (good for jams). These are most likely to produce fruit indoors in winter. Other citrus varieties will grow and flower, but they are less likely to produce fruit.

Family Features.com

'Improved Meyer' and 'Ponderosa' lemons, kumquats and calamondins are most likely to bear fruit indoors in winter.

Our homes in winter are darker and warmer, and have much drier air than outdoors. So anything you can do to provide additional light and extra humidity is beneficial. Keep your citrus near a sunny window and use a room humidifier, if possible. Cool, bright rooms, such as a partially heated sunroom, are best.

Choose a pot about the size of a 15-gallon nursery container. The ubiquitous half whiskey barrel is a good size, and plastic and faux clay pots in the 30- to 36-inch-diameter range work well, too. Whatever you choose, make sure it has good drainage; drill extra holes if you're in doubt. To prevent soil from washing out, cover drain holes with small sections of window screen, but don't cover the holes with stones. Use a premixed sterile potting soil designed for container plants.

Keep the soil moist by soaking the rootball thoroughly until water drains out the bottom into the saucer beneath. Water again when the top two to three inches of soil are dry. In some situations, water will drain out the bottom of the pot without soaking the rootball. This happens when the rootball dries and shrinks slightly, pulling away from the edges of the container. The water moves down the gap without rewetting the roots. To help rewet the dried rootball, place three or four drops of a mild dish soap on it. The soap will help the water soak in, so the rootball can expand to fill the container again.

Citrus need regular fertilization to promote flowering and fruiting. You can use a controlled-release fertilizer or a soluble liquid fertilizer. Liquid fertilizers generally provide more exacting control but also require more frequent applications, every other week or so. In either case, follow the directions on the label.

More than most plants, citrus are prone to deficiencies of the micronutrients iron, manganese and zinc. Inadequate amounts of any one of them will cause leaves to yellow while veins remain green. Look for the micronutrients in the chelated form, which makes the micronutrients more accessible to citrus roots. The best time to add them in is early spring, just as new leaves are beginning to emerge.

For more garden information, visit www.garden.org.

—Family Features.com

Spread the pollen

When you grow plants indoors, bees and insects can't pollinate them. Use a paintbrush or cotton swab to capture and spread pollen within its own flower and onto other flowers. Sometimes indoor citrus plants will produce fruit without doing this, but it's good to increase your chances.

—Family Features.com

Debunking myths about home fire sprinklers

Contrary to what many people think, we are not at greatest risk from fire in hotels or other public places. It is at home, where most of us feel the safest, that we are actually at highest risk of fire. Hotels, in fact, are among the places that are safest from fire, and that is due in large part to the fire protection technology required for them. That technology typically includes automatic fire sprinklers.

How do home sprinklers work?

In a home fire sprinkler system, a network of piping filled with water under pressure is installed behind the walls and ceilings, and individual sprinklers are placed along the piping to protect the areas beneath them. Because the water is always in the piping, the fire sprinkler system is always "on call." If fire breaks out, the air temperature above the fire rises and the sprinkler activates when the air temperature gets high enough. The sprinkler sprays water forcefully over the flames, extinguishing them completely in most cases, or at least controlling the heat and limiting the development of toxic smoke until the fire department arrives. Only the sprinkler(s) nearest the fire activate. Smoke will not activate sprinklers.

Sprinklers are so effective because they react so quickly. They reduce the risk of death or injury from a fire because they dramatically reduce the heat, flames and smoke produced, allowing people the time to evacuate the home. Home fire sprinkler systems release approximately 10-25 gallons of water per minute. In a home without sprinklers, a fire is likely to grow to dangerous levels by the time the fire department arrives.

In less time than it typically takes the fire department to come on the scene, sprinklers contain and even extinguish a home fire. That not only reduces property damage, it saves lives.

How are they installed?

Sprinklers are installed by specially trained contractors who follow NFPA codes and standards and other local requirements. The best time to install sprinklers is when you are building a new home or remodeling an existing home. Nationally, installing sprinklers adds between 1 and 1.5 percent to the total cost of construction. Installing sprinklers during remodeling, known as "retrofitting", generally costs more and the cost depends on the existing structure. Many insurance companies offer a range of discounts for homeowners with sprinkler systems, making comparison shopping worthwhile.

Debunking myths

Unfortunately, there are many stubborn misconceptions about home fire sprinklers that make some homeowners reluctant to install them. These are the facts:

- It is extremely rare for sprinklers to operate accidentally. In a typical home, water damage will be considerably less from unwanted sprinkler discharges than from other plumbing mishaps.
- Cigar smoke and burned toast cannot cause a sprinkler to operate. Only the high temperature that results from a fire will activate the sprinkler.
- All the sprinklers do not activate at once. This scenario may be common in movies and TV shows, but it just isn't true for residential fire sprinkler systems. Only the sprinkler closest to the fire activates. Ninety percent of the time, one sprinkler contains the fire.

Home Improvement Time

In this demonstration, the top photo shows a room before the fire. The middle photo shows the same room, protected by sprinklers, after the fire. And the photo directly above shows the same (original) room, not protected by sprinklers, after the fire.

Homeowners and builders can find more information on the nonprofit Home Fire Sprinkler Coalition's website, www.homefiresprinkler.org.

Source: Home Improvement Time, an industry-based news and information center in Oakdale, Pa.

Ways that renters can save money and energy

Sometimes the tips for saving energy out there seems to be only tailored toward homeowners. If you are renting, especially short-tem, you may not wish to invest much on long-term energy saving acts such as purchasing energy efficient windows or adding attic insulation. But if you rent an apartment, townhouse or a home, it's good to know that you still can make a big difference in saving energy and cutting your power bill. These tips will show you how to be more energy efficient. If there are things you can't change on your own, share these tips and encourage your landlord to help you make a change for the better, both energy-wise and environmentally.

Lighting

This is one of the easiest places to start saving energy. Replacing your five most frequently used light fixtures or the bulbs in them with Energy Star-qualified lights can save more than $65 a year in energy costs. Energy Star-qualified compact fluorescent light bulbs (CFLs) provide high-quality light output, use 75 percent less energy, and last 6–10 times longer than standard incandescent light bulbs, saving money on energy bills and replacement costs.

Remember always to turn off your lights when leaving a room. Turning off just one 60-watt incandescent bulb that would otherwise burn eight hours a day can save about $15 per year!

Programmable thermostats

If possible, install a programmable thermostat to automatically adjust your home's temperature settings when you're away or sleeping. When used properly, a programmable thermostat with its four temperature settings can save up to $150 a year in energy costs. Proper use means setting the thermostat at energy-saving temperatures without overriding that setting. You should also set the "hold" button at a constant energy-saving temperature when you're away or on vacation.

Electronics

Consumer electronics play an increasingly larger role in your home's energy consumption, accounting for 15 percent of household electricity use. Many consumer electronics products use energy even when switched off. Electronics equipment that has earned the Energy Star label helps save energy when off, while maintaining features like clock displays, channel settings and remote-control functions. Unplug any battery chargers or power adapters when not in use (like your cell phone charger).

Use a power strip as a central "turn off" point when you are done using equipment. Even when turned off, electronic and IT equipment often use a small amount of electricity. For home office equipment, this stand-by or "phantom" power load can range from a few watts to as much as 20 or even 40 watts for each piece of equipment. Using a power strip for your computer and all peripheral equipment allows you to disconnect completely the power supply from the power source, eliminating standby power consumption.

Insulate room air conditioner

In the winter, be sure to insulate room air conditioners from the outside with a tight-fitting A/C unit cover, available at your local home improvement center or hardware store. This keeps heated air from escaping outside. Be sure the window unit fits tightly in the window so outdoor air is not getting in. Or, alternately, you can remove the window unit in the winter months to prevent energy losses. If you or your landlord are considering purchasing a room air conditioner, remember that Energy Star-qualified models use at least 10 percent less energy than standard models.

—U.S. Department of Energy

Put produce on your plate (for less dough)

Do you eat enough fruits and vegetables every day? According to the U.S. Department of Agriculture, Americans should fill half their plate with fruits and vegetables. Most people don't come near that amount.

In fact, nearly 90 percent of Americans fall short of the recommended daily servings of vegetables and 80 percent fall short of daily fruit servings. But it's easier—and more delicious—than you might think to make healthy food choices.

Starting now, make a New Year's resolution to make healthier food choices. Here are ways you can put good-for-you produce on your plate and also save money, winter, spring, summer or fall.

- **Choose versatile veggies.** Pick up versatile veggies that can be prepared in different ways, such as potatoes, squash, broccoli and zucchini.
- **Protect your produce.** Carefully place fruits and vegetables in the shopping cart where they won't get bruised. Bruising speeds spoilage. At the check-out, make sure produce is packed on top or in separate bags. If you and your family eat bananas, consider investing in a "banana hanger." Hanging bananas allows for air circulation, which keeps them fresh longer. There's also special reusable bags available that extend the life of produce and cut vitamin loss. Check with your grocer.
- **Think canned and frozen.** Did you know that frozen or canned produce (without added sugars or sauces) can be just as nutritious as fresh produce? It depends on the item somewhat but as an example, canned pumpkin provides 540 percent of the recommended daily intake of vitamin A, while fresh pumpkin only provides only 26 percent. Round out your fruit and veggie shopping with convenient canned or frozen choices low in salt and sugar.
- **Involve the whole family.** Bring the kids to the store to help pick out their fruits and veggies. They're more likely to eat them if they had a hand in selecting them.
- **Shop at discount grocers.** ALDI, a grocery retailer, regularly offers produce prices that are significantly lower than traditional grocers. In addition, it offers produce "Picks of the Week" for greater savings each week. A store locator on its website says they have more than 50 stores across North Carolina. Visit www.aldi.us for more.

For more resources for healthy eating, visit www.choosemyplate.gov. It has a wealth of information on healthy diets and balancing calories, provides searching tools to learn more about a food and downloadable tools like meal tracker sheets.

—Family Features.com

Ratatouille

Here's a delicious, aromatic recipe to jump-start your healthy eating goal. (You can cut the prep time by buying canned tomatoes and frozen bags of the chopped vegetables such as peppers and squash.) *(Prep Time: 15 minutes; Cook Time: 30 minutes; Total Time: 45 minutes)*

- 6 tablespoons olive oil
- 1 pound yellow onion, chopped
- 3 cloves garlic, crushed
- 1 pound zucchini, chopped
- 1 pound yellow squash, chopped
- 1 pound green pepper, chopped in ½-inch cubes
- ½ pound red bell pepper, chopped in 1/2-inch cubes
- ½ pound yellow bell pepper, chopped in ½- inch cubes
- 1 whole bay leaf
- ¾ cup tomato juice
- 1 teaspoon Italian seasoning
- 1 teaspoon red pepper flakes
- 1 teaspoon dried basil
- Salt and pepper to taste
- 1 pound ripe tomato, seeded, skinned and chopped

In one large skillet, heat 2 tablespoons olive oil and sauté onions for 5 minutes. Add garlic, reduce heat to low. In another large skillet, heat 2 tablespoons olive oil, sauté zucchini until brown. Add browned zucchini to skillet with onions and garlic, toss.

In now-empty skillet, heat 2 tablespoons olive oil, sauté yellow squash until brown. Add browned yellow squash to pan with onions, garlic and zucchini. Repeat with all remaining vegetables, except tomatoes. When vegetables are in same skillet, increase heat to high. Add spices and tomato juice and stir. Bring to slight boil.

Cook uncovered on low for 20 minutes. Add tomatoes and cook 10 minutes. Stir and serve.

Serves: 6 to 8

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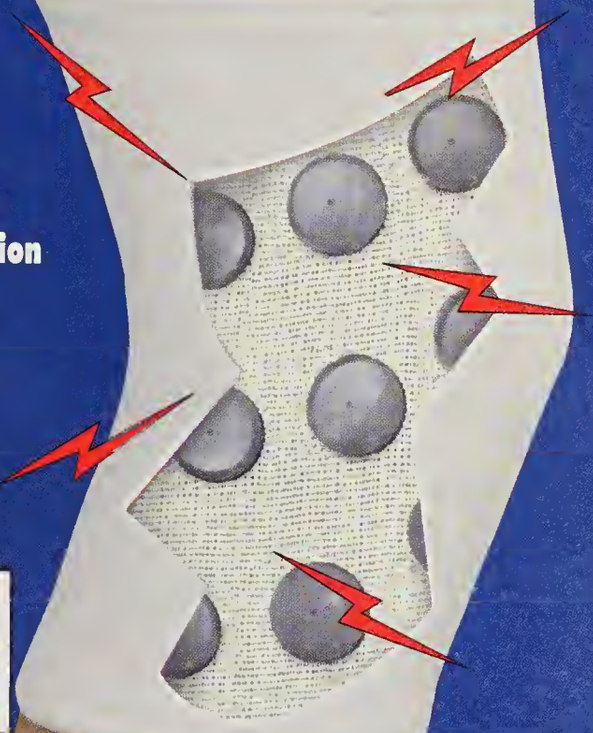

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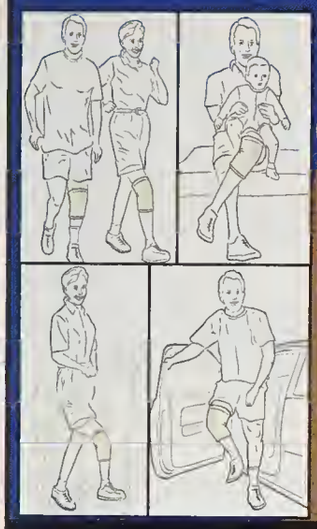

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I Remember...

Grandma raised beautiful vegetable gardens. She is standing in front of a trellis with a huge bean vine on it.

Enjoying every minute

As a child I loved to visit my Grandma in her house on the top of a hill overlooking New River. We would visit her every Sunday, and I remember how hard it was climbing up that steep hill.

My Grandma did things her own way no matter what anyone else thought. I am sure her neighbors believed she was a lonely person, but I knew better.

She was a conservationist in every sense of the word. She caught rainwater in a barrel so it wouldn't go to waste. She knew how to save apples over the winter to eat long after the season was gone. She never wasted anything she raised. She would pickle corn on the cob and keep it in the cellar in a crock jar. I loved her pickled corn and always hoped she would offer me an ear.

My grandmother put her butter and milk in the spring to keep it cool. When she wanted a fish for a meal, she would take her canoe out in the river or fish from the bank.

She would always think of something for me to do when we visited her. Sometimes she would let me look at reels through the View-Master. The reels showed places all over the U.S. where her son, F.L., had built dams. I never tired of seeing those reels as a child.

Her knitting was always in sight. She worked on it at night and made beautiful bedspreads with needles she had whittled herself.

Some would say that my grandmother didn't have it easy, but I know better. She enjoyed every minute of her life.

Mary Bare, Jefferson, Blue Ridge Electric

Canning beans with Mommy

I remember being about 4 years old, sitting on the kitchen table watching my mother can green beans. It was just my mother and me in the kitchen, all alone. It was my job to put the half teaspoon of salt in the beans after she had filled the quart jars.

While we were working alongside each other, my mother sang to me. I don't really remember the songs. It could have been old gospel songs or old-timey ballads she had long ago learned from her mother. Mommy could have been singing a Marty Robbins or Johnny Horton song; she loved those singers. I just remember that to my little 4-year-old ears, she sounded like an angel singing something glorious.

Many, many years later, as she aged, I became her caregiver. One memory I have is of me filling up mason jars with beans while she sat at the table, putting the half teaspoon of salt in them. Our roles had somewhat changed. But one thing didn't change. I can still hear her older, but still beautiful voice filling the kitchen with songs of the past.

Reta Winebarger, Lansing, Blue Ridge Electric

I can still hear her beautiful voice filling the kitchen with songs.

SEND US YOUR *Memories*

We'll pay $50 for those we publish in the magazine. We can put even more on our Internet sites, but can't pay for them. (If you don't want them on the Internet, let us know.)

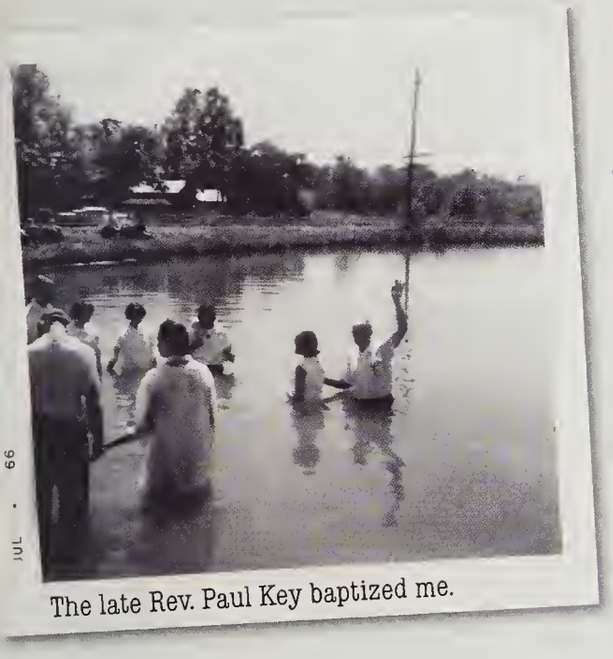
Guidelines:

1. Approximately 200 words.
2. Digital photos must be at least 600kb or 1200 by 800 pixels.
3. No deadline, but only one entry per household per month.
4. Send a self-addressed, stamped envelope if you want yours returned.
5. We pay $50 for each one published in the magazine. We retain reprint rights.
6. Include your name, mailing address and the name of your electric cooperative.
7. **E-mail:** iremember@carolinacountry.com **Or by U.S. mail:** I Remember, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616

A hard and simple time

This is my grandfather, Ike Sheets, bringing in hay with the family's work horse. This was taken in the 1960s in Mitchell County where he and my grandmother, Rosie, had 14 children. I always loved to go spend time at my grandparents' house. There was always a big pot of soup or pinto beans and kids to play with. I'm sure this was a hard time for farmers raising families but it was such a beautiful, simple time for a child to be raised in so much love.

Janet English, Morganton, Rutherford EMC



The late Rev. Paul Key baptized me.

When I was baptized

I remember one hot July Sunday in 1966 when I was baptized. This was no river; it was a pond. I was baptized along with 13 other people. I still can hear the people all singing, "Shall We Gather at the River."

I was saved at a spring revival with the Rev. Dan Brinkly. I'll never forget how I felt that night when Jesus came into my heart. It was wonderful.

Today I am 57 years, old and Rev. Key still lives in my heart.

Glynis Sawyers, Pilot Mountain, Surry-Yadkin EMC

Handmade from her heart

From the time I was born, people told me I had "piano fingers," which meant they were long and skinny, not necessarily a compliment in my book. When I turned 9, Mama found the best piano teacher in Wilmington, Mrs. Lila Head, and I began taking piano lessons.

One of Mrs. Head's requirements of her students was to memorize one piece of sheet music and play it at the annual recital. Mama was an excellent seamstress and sewed my beautiful dresses for the event. On a ditch bank in our yard grew a lovely gardenia bush. On the afternoon of the piano recital, Mama cut two pretty gardenias, fashioned a ribbon around them to match my dress, and pinned the corsage to my dress just minutes before we left home.

For many years at recital time, Mama created a stunning original fashion for me to wear with my gardenia corsage. When I became an adult, I realized that Mama couldn't afford to buy me a dress or a corsage, thus the handmade dress and corsage. Because I was given so many compliments on both, I never knew or cared that money was extremely limited. My family was filthy rich with all that mattered: love.

Helen Walker, Indian Trail, Union Power

My cousins and summer

In summer, my favorite cousins and I growing up in the 1960s would go outside to play baseball. We lived in a small community and really loved each other. Today I cherish those memories of living in simpler times when family time was a priority. Baseball was just one of the many ways we shared good times and developed a stronger bond.

Dorothy Steele, Pee Dee EMC

My cousins, in front, Ann McIntosh and James Story In the back, I am on the left with Linda Campbell and Kenny Hough.

Carolina Creations Gallery

Carolina Creations, a contemporary fine art gallery, sells work by more than 300 well-known artists and craftspeople, both online and through its storefront gallery on the Neuse River in New Bern. Owned by artists Janet and Michael Francoeur, Carolina Creations sells an array of items, including paintings, sculpture, jewelry, clocks, ceramics, stick furniture, teapots, gift cards, and holiday gifts. The Francoeurs make the pottery shown and call it Celebration Pottery because they make many of its pieces for weddings, anniversaries and births. They can add people's names on it. Its prices range from $25–$250, with most costing $32–$115.

(252) 633-4369
www.carolinacreations.com

New Jason Michael Carroll CD

Rising country music star Jason Michael Carroll's new CD, "Numbers," features 11 new tracks and the hit "Alyssa Lies." Carroll, a singer/songwriter raised in Youngsville, has two hit albums and several hit singles under his belt. A rootsy artist, he wrote and co-wrote nearly every song on the CD. Titles for his latest CD's songs include "This is for the Lonely," "Ray of Hope" "Meet Me in the Barn," and "Don't Know Why." The title track "Numbers" is about how many times numbers play a role in people's lives. Carroll got his start singing in public while working as a Cracker Barrel restaurant server, and now his CD is sold exclusively through Cracker Barrel Old Country Stores (inside its restaurants) and also the company's online store. $11.99

www.crackerbarrel.com

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on the bookshelf

Healing A Broken Marriage

What do you do when "Happily ever after" falls apart? "Betrayal," "rejection," "anger" and "confusion" are some of the words writer Deborah Ross uses to describe her anguish when her upside-down marriage hit bottom. A biblical teacher, speaker and singer who lives in Charlotte, Ross relates her life's road and shares her personal journey of Christian faith and forgiveness with her husband. Chapters are sprinkled with scripture, humor and her strong beliefs about households staying together. Chapter titles include "Growing in Christ," "Vision or Perish," "The Midnight Miracle," and "God Looks at the Heart." Published by Creation House of Lake Mary, Fla., the book is softcover, 163 pages, and sells for $9.25 on Amazon.com.

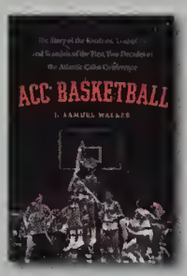
www.healingabrokenmarriage.com

Firefly Rain

After a failed business venture in Boston, Jacob Logan moves back to the small North Carolina town of his childhood and the isolated house he grew up in. In "Maryfield," the air is oddly still and the nights are black. It should feel like home, but something is very, very wrong. He loses all his belongings in a highway accident, his car is mysteriously stolen and the townspeople seem suspicious. And then there are the fireflies that die when they come near Jacob's home, the feeling he is being watched, and the property caretaker who has so many secrets. Richard Dansky, a writer of video games and short fiction who lives in Durham, wrote this mystery tale that weaves horror and suspense. Softcover, 352 pages and $12.79.

www.simonandschuster.com

ACC Basketball



Since the Atlantic Coast Conference began, keen rivalries, legendary coaches, gifted players and fervent fans have come to define the league's basketball history. In this new book, writer J. Samuel Walker traces the dramatic changes on and off the court during the ACC's rise to a preeminent position in college basketball between 1953 and 1972. As basketball became the ACC's foremost attraction, administrators sought to field winning teams while preserving academic integrity. The ACC also adapted gradually to changes in the postwar South, including the fight for racial justice during the 1960s. Walker re-creates nail-biting games and bitter recruiting battles, while addressing big, off-court questions the league wrestled with during these two decades. "ACC Basketball" details coaches' flair and antics and players' artistry, as well as a major point-shaving scandal and the struggle for conference dominance. Author and historian Walker, an ACC basketball fan for more than 40 years, lives in University Park, Md. Hardcover, 416 pages, $30.

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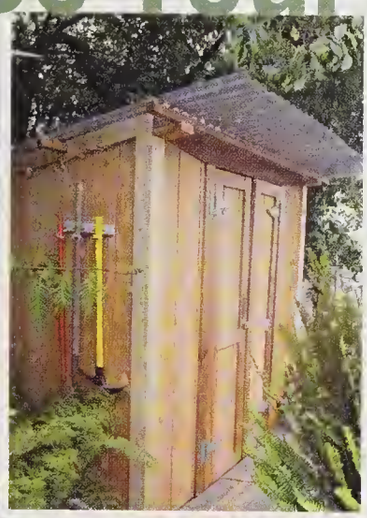

Modern-Shed- dominic, arizona bonuccelli

Used to be, the shed was utilized to store farm and garden tools and materials. Period. But folks today use shed kits, convert existing sheds, and build and buy new sheds to create home studios, workshops, offices, playhouses, even pool cabanas. They dress up their sheds with window shutters, window boxes, art, advertising signs and other decorative touches. If you have an amazing shed, send us one or two photos of your shed, and the story behind it.

A panel of judges will select the pictures we will publish in our May 2012 magazine. We will pay $50 for each shed published. We retain reprint rights. We may post on our website more entries than we publish, but can't pay for those submissions. (Let us know if you don't agree to this.)

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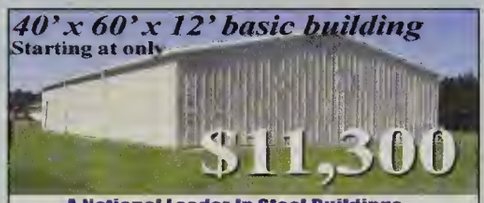
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Great Divides

Each letter in these division problems stands for the digit below it. Solve the problems. Then match the letters to the digits in your answers to find two hidden words. 3=0

D _ _ _ _ _ and C _ _ _ _ _ _ _

	8						
R	U	V	C	R	C	V	E
2	1	6	9	2	9	6	0

	9							
R	U	D	N	Q	E	R	E	I
2	1	8	7	5	0	2	0	4

Domi-No.s

						2		
R	C	M	I	L	U	E	C	I
							X	2
								E
			2					2
A	L	B	E	M	A	R	L	E

Each of the nine different letters in this multiplication puzzle stands for a digit from 1 through 9. Given E-2, can you replace the missing digits? Headquartered in Hertford, ALBEMARLE ELECTRIC MEMBERSHIP COOPERATION serves more than 12,500 homes and businesses in Chowan, Perquimans, Pasquotank, Camden and Currituck counties.

For answers, please see page 28

© 2012 Charles Joyner

And then I read... In his book, "The Healthy Aging Brain," published in 2008, Dr. Louis Cozolino, gives a list of "the ten wisest people," chosen by a group of undergraduates. Dr. Cozolino is a clinical psychologist in Los Angeles, a professor of psychology at Pepperdine University, and an adjunct clinical professor of psychiatry at UCLA.

The list:

1. Gandhi
2. Confucius
3. Jesus
4. Martin Luther King, Jr.
5. Socrates
6. Mother Teresa
7. Solomon
8. Buddha
9. The Pope
10.

Now, just for fun, name your own choice for Number 10 on the list. Then turn to page 28 for the students' choice. If your choice matches theirs, please tell us why.

COUNTDOWN

Choose a word from No. 1 that forms a compound word with a word from No .2. Then, with the word you have chosen from No, 2, choose a word from No.3 to form another compound word. Continue this way to No. 6 to form five compound words.

1. sail	high	turn	fire
2. power	over	way	brush
3. see	work	house	side
4. board	hold	horse	saw
5. horse	work	turn	show
6. dare	key	play	[illegible]

JOYNER'S CORNER ANSWERS:

GREAT DIVIDES

DIVIDE and CONQUER
846480 9375102

Domi-No.s

417639216 x 2 = 835278432
RCMILUECI x E = ALBEMARLE

AND THEN I READ

The undergraduates' choice for the 10th wisest person of all time: Oprah Winfrey

COUNTDOWN

turnover overse seesaw
sawhorse horseplay

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This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by Jan. 9 with your name, address and the name of your electric cooperative.

By e-mail: where@carolinacountry.com

Or by mail: Where in Carolina Country?
P.O. Box 27306
Raleigh, NC 27611

The winner, chosen at random and announced in our February issue, will receive $25.

December winner

The December photo shows the Rose Bay Oyster House located on Hwy. 264 near Rose Bay community between Scranton and Swan Quarter, Hyde County. Janet Dodge told us the boat is the "Capt. Zeb" belonging to Zeb Mayo, whose parents, Gary and Elaine Mayo, run the oyster house and dock. "Rose Bay oysters are world renowned," she said. The winning answer, chosen at random from all the correct entries, was from Karissa Cahoon, of Engelhard, a member of Tideland EMC.

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January Events

Bluegrass and old-time music take center stage on the third Saturday of each month at the Earle Theatre in Mount Airy. The next "Voice of the Blue Ridge" event is Jan. 21. For more information, call (336) 786-7998 or visit www.surryarts.org

Mountains west of I-77

Deep River Rising
Traditional music
Jan. 5, Spindale
(828) 287-6113
www.foundationshows.org

Gospel Concert
The Perrys, with Good News trio
Jan. 19, Rutherfordton
(828) 287-6113
www.carolinagospel.com

Author Rose Senehi
Books & Bites series
Jan. 19, Lake Lure
(828) 287-6113
www.lakelure.com

Quilting & Needle Art Extravaganza
Jan. 27–28, Statesville
(704) 376-2531
www.quiltersgallery.net

Rutherford County Symphony
Winter concert
Jan. 29, Spindale
(828) 287-6113
www.foundationshows.org

ONGOING

"What Draws You Here?"
Elliot Daingerfield art, historic hotels
Through March 31, Blowing Rock
(828) 295-9099
www.blowingrockmuseum.org

Bluegrass Music Jam
Thursdays, Marion
(828) 652-2215
www.downtownmarion.org

Piedmont between I-77 & I-95

Quilting & Fiber Art Marketplace
Jan. 6–7, Sanford
(704) 376-2531
www.quiltersgallery.net

Elvis Birthday Party
Stephen Freeman performs
Jan. 7, Albemarle
(704) 986-3666

Voice Of The Blue Ridge
Bluegrass and old-time music
Jan. 21, Mount Airy
(336) 786-7998
www.surryarts.org

ONGOING

Maness Pottery & Music Barn
Dinner, music, fellowship
Tuesday nights, Midway
(910) 948-4897
www.liveatclydes.com

Betty Lynn (Thelma Lou)
Appearance at Andy Griffith Museum
Third Fridays, Mount Airy
(336) 786-7998
www.visitmayberry.com

Durham Civil War Roundtable
Third Thursdays, Durham
(919) 643-0466

Art After Hours
Second Fridays, Wake Forest
(919) 570-0765
www.sunflowerstudiowf.com

Arts Councils' Fourth Friday
Fayetteville
(910) 483-5311
www.theartscouncil.org

Winter Farmers Market
1st & 3rd Saturdays, Wake Forest
(919) 671-9269
www.wakeforestmarket.org

"The Art of Giving"
Through Jan. 8, Hillsborough
(919) 732-5001
www.hillsboroughgallery.com

75 Years of Collecting NC Pottery
Through Jan. 28, Seagrove
(336) 8430
www.ncpottery.org

"Oil City Symphony"
Musical comedy
Jan. 27–Feb. 19, Winston Salem
(336) 747-1414
www.festivalstage.org

"American Idiot"
Green Day's rock opera
Jan. 31–Feb. 5, Raleigh
(919) 831-6941
www.nctheatre.com

Mummies Of The World
Through April 8, Charlotte
(704) 372-6261
www.discoveryplace.org

100 Years Of Girl Scouting
Through July 29, Raleigh
(919) 807-7900
www.ncmuseumofhistory.org

Coast east of I-95

Model Railroad Show & Sale
Jan. 28–29, Wilmington
(910) 270-2696
www.capefearmodelrailroadclub.org

ONGOING

Art Walk
First Fridays, Elizabeth City
(252) 335-5330
http://ecncart.com

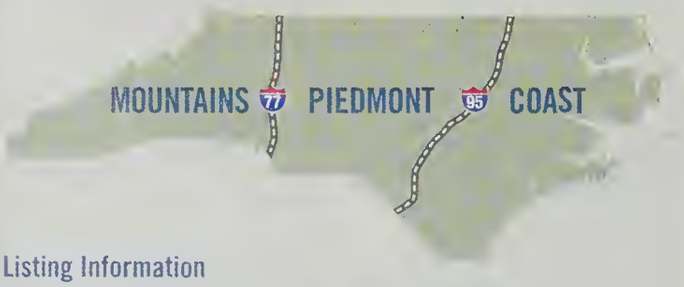
Art Walk
First Fridays, Greenville
(252) 329-4200
www.uptowngreenville.com

NC Art Pottery
Through May 1, Elizabeth City
(252) 331-4037
www.museumofthealbemarle.com

"Flags Over Hatteras"
Civil War exhibits
Through July 31, Hatteras
(252) 986-2995
www.graveyardoftheatlantic.com

Editor's note:

You'll notice Carolina Compass, our monthly calendar of events, is a little different starting this month. We have organized it so you can find one-time and ongoing events by regions. The map shows the regions.



Listing Information

Deadlines:
For March: January 25
For April: February 25

Submit Listings Online:
Visit www.carolinacountry.com and click "See NC" to add your event to the magazine and/or our website. Or e-mail events@carolinacountry.com.

100 Years of Girl Scouting

Girl Scouts of the USA will celebrate its centennial anniversary in 2012, and a new exhibit at the North Carolina Museum of History in Raleigh commemorates this milestone.

"At the Speed of a Girl—Celebrating 100 Years of Girl Scouting" runs through July 29. Focusing on the history of Girl Scouts in North Carolina, this small exhibit developed by Girl Scouts-North Carolina Coastal Pines, brings the past to the present. Admission and weekend parking are free.

Juliette Gordon Low organized the first Girl Scout meeting on March 12, 1912, in Savannah, Ga. Two years later, North Carolina's first troop met in Eden. By the 1920s, troops were springing up across the Tar Heel State. Today, nearly 70,000 North Carolina girls participate in Girl Scouts, with 3.2 million girl and adult members worldwide.

Exhibit items range from Girl Scout badges (ca. 1912 to 1928) and uniforms to canteens and the Knife and Axe Skills Book (ca. 1953). Other objects include an official Girl Scout box-type camera from the 1950s and a bugle that was advertised as a "must" for every troop in the 1920s and 1930s.

The exhibit also highlights how Girl Scout cookie sales have helped build self-esteem, sustain troops and create camps. There's even an early cookie recipe to copy.

The museum is located at 5 E. Edenton Street, across from the State Capitol. Parking is available in the lot across Wilmington St. Hours are Monday through Saturday, 9 a.m. to 5 p.m., and Sunday, noon to 5 p.m. The Museum of History, within the Division of State History Museums, is part of the N.C. Department of Cultural Resources.

Reservations are required for groups of 10 or more. To schedule a reservation, call the Capital Area Visitor Center at (919) 807-7950 or toll-free at (866) 724-8687.

For more information about Girl Scouts-North Carolina Coastal Pines or Girl Scouts of the USA, call (800) 284-4475 or visit www.girlscouts.org. For details about the Museum of History, call (919) 807-7900 or visit www.ncmuseumofhistory.org or Facebook.

Girl Scout founder Juliette Gordon Low presented the "Founder's Banner" annually to the troop that best upheld the Girl Scout ideals. This Savannah, Ga., photo was published in The American Girl in October 1925 for the founder's birthday message.

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31	10.59	10.15	13.48	12.16	20.04	17.85
32	10.68	10.24	13.69	12.16	20.48	18.29
33	10.76	10.24	14.13	12.38	20.91	18.73
34	10.76	10.24	14.57	12.60	21.35	19.16
35	10.85	10.33	15.23	12.82	21.79	19.60
36	11.20	10.59	15.88	13.48	23.10	20.48
37	11.55	10.94	16.32	13.91	24.85	21.79
38	11.99	11.38	17.19	14.79	27.04	23.10
39	12.51	11.81	18.07	15.66	29.23	24.85
40	13.04	12.34	18.94	16.54	31.41	26.60
41	13.74	12.78	20.26	17.19	34.04	27.91
42	14.53	13.30	21.57	18.07	36.66	29.23
43	15.49	13.83	23.32	18.94	40.16	31.41
44	16.54	14.52	25.07	20.04	44.10	33.16
45	17.68	15.23	27.04	21.13	48.04	35.35
46	18.03	15.58	28.35	22.44	49.79	37.54
47	18.46	16.01	29.66	23.98	51.98	40.60
48	18.99	16.54	31.41	25.94	54.60	43.66
49	19.60	17.15	33.16	27.91	57.66	47.16
50	20.21	17.76	35.13	30.10	60.73	51.10
51	21.53	18.90	38.19	31.85	65.98	54.16
52	22.93	20.21	41.48	33.60	71.66	57.66
53	24.76	21.79	45.63	36.01	78.66	62.04
54	26.69	23.45	50.01	38.41	86.54	66.41
55	28.79	25.29	55.04	41.26	94.85	71.66
56	31.24	26.78	59.41	44.32	104.04	78.23
57	34.04	28.44	64.44	47.60	114.54	86.10
58	37.54	30.54	70.79	51.98	127.66	95.73
59	41.21	32.73	77.13	56.35	141.23	105.35
60	45.33	35.18	84.57	61.38	156.54	116.73
61	49.44	39.20	93.32	68.82	173.60	128.98
62	54.08	43.84	102.94	77.35	193.29	142.98
63	59.76	49.44	115.19	87.85	216.91	160.04
64	65.80	55.39	127.88	98.79	242.29	177.98
65	72.63	62.13	142.32	111.26	270.73	198.10
66	80.24	67.29	156.76	122.41	300.48	223.04
67	88.90	73.06	172.94	134.88	334.16	251.04
68	99.58	80.24	193.29	150.41	375.73	286.04
69	110.86	87.76	214.29	166.82	419.48	322.35

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MS1-B07

By Arnie Katz

If you close vents, will you save in energy costs?

Q: A friend recently sent me information about a product that automatically closes heating/cooling registers based on the temperature in the room and asked me what I thought. The manufacturer claims substantial energy savings and comfort improvement. The units, which retail on the Web for $50–$60 each, including the wireless remote control unit, are said to pay for themselves in energy savings in less than a year.

A: The theory goes as follows: many homes have systems that overheat some rooms in the winter and overcool some rooms in the summer. By closing the registers in the rooms that are too hot or too cold, you'll be more comfortable and you won't waste all that energy making those rooms too hot or too cold. At the same time, the hot or cold air is now "directed" to the rooms that need it. The end result is—according to the theory—balanced temperatures throughout the house, leading to higher comfort and less energy waste. This is very appealing and certainly sounds logical, but does it make sense?

The answer is probably not. A study by Lawrence Berkeley National Labs a few years ago looked specifically at energy savings from closing registers. They couldn't find any. In fact, they concluded that in many cases closing registers would actually increase energy use. Why would this be?

It's not really a mystery. Closing some registers increases the pressure in the ducts. Increasing the pressure in the ducts increases the amount of air leaking from any holes or gaps in the duct system. More duct leakage means the furnace or air conditioner has to heat or cool more air, which will make it run more, using more energy.

The study showed that whatever savings were gained by reducing the amount of space to be heated or cooled was more than counter-balanced by the increased duct leakage. Obviously, if the ducts are air tight—like they're supposed to be—this wouldn't be much of a problem.

Are ducts in North Carolina leaky? Some of the first studies in the nation on this question were done here in the Old North State and showed substantial leakage in most duct systems. Follow-up studies over the years have indicated we're getting better, but most of our systems are still very leaky. About 20 percent of every dollar we spend to heat and cool our homes is lost to the attic, crawl space or yard due to leaky ductwork. That's $1 out of every $5.

Even if you have very tight ducts, it may not be a good idea to close registers. If the ducts are tight, closing registers will reduce the air flow across the heat exchange coil, which can damage the unit. Even if it saves you a few dollars, if it leads to premature failure of the compressor you'll wind up paying dearly.

One study found that in many cases closing registers would actually increase energy use.

Typically, the rooms that overheat in the winter are upstairs, and the rooms that are too cold in the summer are downstairs. That means you would need either to buy twice as many of these automatic closing devices, or else move them around every spring and fall. Probably not a big deal if your registers are in the floor, but what if they're located in a cathedral ceiling 14 feet off of the floor?

Just for fun, enter "closing heating vents" into your favorite Web search engine. You'll find lots of advice, conflicting claims, sales pitches and a few actual studies. As far as I can tell, though, no one has published a study that reported on monitoring actual energy use in actual houses with actual people living in them. One of these decades, we'll be able to base our decision-making on actual data. In the meantime, I would invest in duct sealing rather than in gizmos that sound good but probably won't deliver.

Arnie Katz is director of training and senior building science consultant at Advanced Energy in Raleigh (www.advancedenergy.org). Send your home energy questions to editor@carolinacountry.com

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Snowball Cake

- 1 package (2-layer size) devil's food cake mix
- 1 package (8 oz.) cream cheese, softened
- 1 egg
- 2 tablespoons granulated sugar
- 1 package (3.4 oz.) Jell-O Vanilla flavor instant pudding
- ¼ cup powdered sugar
- 1 cup cold milk
- 1 tub (8 oz.) Cool Whip, thawed
- 1 cup angel flake coconut

Heat oven to 350 degrees.

Prepare cake batter in 2½-quart ovenproof bowl, as directed on package; scrape side of bowl down. In separate bowl, beat cream cheese, egg and granulated sugar until well blended.

Spoon this mixture into the center of batter in bowl. Bake 1 hour 5 minutes or until toothpick inserted in center comes out clean. Cool cake in bowl for 10 minutes.

Loosen cake from bowl with knife; invert onto wire rack. Remove bowl; cool completely. Beat dry pudding mix, powdered sugar and milk in medium bowl with whisk 2 minutes.

Stir in Cool Whip. Refrigerate until ready to use. Place cake on plate; frost with pudding mixture. Cover with coconut. Keep refrigerated.

Santa Fe Chicken Fajita Soup

- 1 package (1.4 oz.) Fajita seasoning mix
- ⅓ cup water
- 1 pound boneless, skinless chicken breasts, cut into thin strips
- 4 large cloves garlic, minced
- 2 tablespoons chopped fresh cilantro
- 1 large red onion, chopped
- 1 small green bell pepper, chopped
- 1 package (8 oz.) Philadelphia Fat-free Cream Cheese, cut into cubes
- 1 pound (16 oz.) Velveeta made with 2 percent milk, cut into ½-inch cubes
- 2 cans (14.5 oz. each) fat-free, reduced-sodium chicken broth

Combine seasoning mix and water in medium bowl. Add chicken; toss until evenly coated. Cover. Refrigerate at least 30 minutes.

Spray large nonstick saucepan with nonstick cooking spray. Add garlic and cilantro; cook on medium-high heat 1 minute. Add chicken mixture, onions and bell peppers; mix well. Cook 10 minutes or until chicken is cooked through, stirring frequently.

Add cream cheese, Velveeta and chicken broth; mix well. Reduce heat to medium. Cook until cream cheese and Velveeta are completely melted and chicken mixture is heated through, stirring occasionally.

Yield: 8 servings, 1 cup each.

Seriously Simple Beef Stew

- 1 boneless beef chuck eye roast (2 pounds), cut into 1-inch chunks
- 2 cups water
- ¾ cup Kraft Original Barbecue Sauce
- 1½ pounds baking potatoes (about 3), cut into 1-inch thick slices
- 1 onion, coarsely chopped
- ¼ cup A.1 Steak Sauce

Bring meat, water and barbecue sauce to boil in Dutch oven or deep large skillet; cover. Simmer on medium-low heat 1 hour.

Add vegetables; stir. Cook covered, 1 hour or until meat and vegetables are tender, stirring occasionally.

Stir in steak sauce; cook 2 minutes.

Yield: 8 servings, 1 cup each.

Special extra

Sprinkle with chopped fresh thyme leaves just before serving.

Slow cooker preparation

Place all ingredients except steak sauce in slow cooker; cover with lid. Cook on low 8 hours (or on high 4 hours). Stir in steak sauce; cook 2 minutes.

From Your Kitchen

Carolina Caviar

- 1 can yellow corn
- 1 can hominy
- 1 can black-eyed peas (rinse and drain)
- 6–7 scallions, chopped (white and green parts)
- 1 medium can sweet corn
- 1 large tomato, chopped
- 1 green pepper, chopped
- 1 red pepper, chopped
- 1 yellow pepper, chopped
- 1 can black beans (rinse and drain)

Rinse all canned items. Mix all ingredients in bowl and cover with zesty Italian dressing. Serve with tortilla chips.

This recipe comes from Paula Harris, a member of EnergyUnited.

Send Us Your Recipes

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